



Parent Support Group: Group Counselling for Stressful Parents

(F1PGP001G, F1PGP002G, F1PGP003G, F1PGP004G, F1PGP005G)

The purpose of this series of parent support group sessions is to provide psychological and counselling support for parents who have difficulties and find it stressful in parenting their children. During each session, the support group facilitator will facilitate the participants' sharing in their parenting experiences, guide them to understand more about the characteristics of their children and practical ways to nurture them and provide group counselling for the participants. The participants' psychological well-being will be promoted in this series of support group sessions.

Introduction

| Session | Topic |
|---------|--|
| 1 | Group Counselling for Stressful Parents – S1 (F1PGP001G) |
| 2 | Group Counselling for Stressful Parents – S2 (F1PGP002G) |
| 3 | Group Counselling for Stressful Parents – S3 (F1PGP003G) |
| 4 | Group Counselling for Stressful Parents – S4 (F1PGP004G) |
| 5 | Group Counselling for Stressful Parents – S5 (F1PGP005G) |

Details

During this series of parent support groups, the facilitator will explain the following contents and implement the following counselling strategies:

1. Predisposing factors, precipitating factors, perpetuating factors, and protective factors of stressful experiences
2. Ways to handle stressful experiences
3. Ways to lower stress levels
4. Group counselling in action
5. Behavioural therapy in group
6. Cognitive therapy in group
7. Solution-focused therapy in group

Intended Learning Outcomes

Upon completion of all five sessions, parents should be able to:

1. realize the predisposing factors, precipitating factors, perpetuating factors, and protective factors of their stressful experiences.
2. know suitable ways to handle their stressful experiences and to lower their stress levels.
3. have enhanced mental, psychological, and emotional well-being.
4. build a trustworthy relationship with other members of the group throughout the group counselling process.

Facilitator

Dr Richard LAU Kai Cheung
Registered Clinical Psychologist, The Hong Kong Academy for Gifted Education

Programme Type

Parent Support Group

Schedule

| Session | Date | Time | Venue |
|---------|-----------------------------|-----------------|---|
| 1 | 7 October 2021 (Thursday) | 6:30 pm-8:30 pm | Room 204, HKAGE |
| 2 | 20 January 2022 (Thursday) | | Cancelled |
| 3 | 10 February 2022 (Thursday) | | Online Zoom Meeting |
| 4 | 7 April 2022 (Thursday) | | Online Zoom Meeting |
| 5 | 9 June 2022 (Thursday) | | Room 204, HKAGE Online Zoom Meeting |

Target Group

Parents of Gifted Children in Upper Primary School (Only for parents of HKAGE student members)

Capacity

12

Medium of Instruction

Cantonese

Administrative Fee

Nil

Registration Information

Parents should apply through the online registration system on our website:

1st session: <https://hkage.org.hk/b5/parent/Registration/courses/courseLogon.php?pid=539>

2nd session: <https://hkage.org.hk/b5/parent/Registration/courses/courseLogon.php?pid=540>

3rd session: <https://hkage.org.hk/b5/parent/Registration/courses/courseLogon.php?pid=541>

4th session: <https://hkage.org.hk/b5/parent/Registration/courses/courseLogon.php?pid=542>

5th session: <https://hkage.org.hk/b5/parent/Registration/courses/courseLogon.php?pid=543>

Registration Deadlines

1st session: online registration starts on 10 Sept 2021 (Thurs) 12:00 noon. The **deadline for registration is on 30 Sept 2021 (Thurs) 12:00 noon.**

2nd session: online registration starts on 13 December 2021 (Mon) 12:00 noon. The **deadline for registration is on 13 January 2022 (Thurs) 12:00 noon.**

3rd session: online registration starts on 6 January 2022 (Thurs) 12:00 noon. The **deadline for registration is on 3 February 2022 (Thurs) 12:00 noon.**

4th session: online registration starts on 3 March 2022 (Thurs) 12:00 noon. The **deadline for registration is on 31 March 2022 (Thurs) 12:00 noon.**

5th session: online registration starts on 5 May 2021 (Thurs) 12:00 noon. The **deadline for registration is on 2 June 2021 (Thurs) 12:00 noon.**

Remarks

1. Due to limited capacity, registration will be accepted on a first-come-first-served basis;
2. Applicants will be notified of the application results through email two days before the date of the support group.
3. The organiser (HKAGE) will take photos and / or videos during the seminar. The photos and / or videos may be reproduced in electronic forms and / or printed publications for educational, research and marketing purposes upon the participants' consensus in registration.

Enquiries

For enquiries, please contact us on 3940 0101.

Instructor Profile

Dr Richard LAU is a registered clinical psychologist of the Hong Kong Institute of Clinical Psychologist which is fully accredited by the Department of Health. He is also an associate fellow and registered clinical psychologist of the Hong Kong Psychological Society, a full member of the Hong Kong Clinical Psychologists Association, an associate fellow of the Hong Kong Professional Counselling Association, a registered clinical supervisor of the Asian Professional Counselling & Psychology Association, a certified clinical hypnotherapist of the Professional Board of Hypnotherapy, Inc., and a full member of the Australian Psychological Society.

For more than ten years, Dr Richard LAU has developed many training programmes for the gifted population and their parents in various private or non-government organisations in Hong Kong. He was a senior lecturer at the Department of Special Education and Counselling, Faculty of Education and Human Development in The Education University of Hong Kong; an assistant professor at the Nethersole School of Nursing, Faculty of Medicine of the Chinese University of Hong Kong; an assistant professor at the Department of Counselling and Psychology, Faculty of Social Sciences of the Hong Kong Shue Yan University; and a visiting professor at the Faculty of Social Sciences and Education of the University of Saint Joseph (current name) over the last twelve years. Through Dr LAU's teaching work in these universities, he has delivered many courses related to teaching or counselling students with special educational needs including gifted students. He has also trained numerous professional teachers, counsellors and social workers in teaching, counselling, and helping gifted students and their parents.